

Met kopwe fori ika a pungula ika lukuluku pwe ka angai ewe COVID-19

Ika pwe eom we tes a pung ren ewe COVID-19, o ika ka semau murin eom ka arap ngeni emon mi tori ewe COVID-19, en mi tongeni eom kopwe alilis le pinei feifetalen ewe COVID-19 ngeni ekkoch. Kose mochen kopwe fiti ekkei afalefal mi nom fan.

Lapelapen ewe COVID-19

Ekkena faten [lapelapen](#) ewe COVID-19 ir kena ra pwichikar, naw, me pwal iamwor. Pwal ekkoch lapelap epwe pachelong fouw, metekin fitukom, metekin makurom, metekin lon uwom, me pwal lusulan eom narei me teonguteong.

Ika pwe ka arap ngeni emon mi pung tesin ren ewe COVID-19 nge ka angai ekkewe lapelapen ewe semau, iwe mali kopwele angai ewe COVID-19. Kori noum we chon awora alilisin safeom pwe kopwe angai tesin ewe COVID-19.

Kopwe lo fiti ew kena kapas aiek seni ekkena pekin safean aramas meinisin

Ika pwe eom tes a pungula ren ewe COVID-19, iwe emon seni ewe pekin safean aramas meinisin epwele kan kokoruk, ina epwe kan won fon. Ewe chon kapas aiekenuk epwe alisuk ren eom kopwe weweti meta kopwe fofori me pwal met sakkun alilis mi wor.

Repwe pwal aiekenuk itan me pwal porausen ekkena ka arap ngenir iei atun. Ra aiek ekkei poraus pwe repwe ator ngenir pwe mali ra arap ngeni ewe semau. Resapw urota item ngeni ekkewe ka arap ngenir lupwen ra kokorir.

Nonom lon imwom, chilon chok ika pwe kopwele la kut alilisin safeom

Kopwe chok nonom lon imwom chilon chok ika pwe kopwele la kut alilisin safeom. Kosapw lo angang, sukul, o ika lon leni mi chomong aramas kena. Kosapw fiti ekkena wa chomong aramas wawa, wa kena ra wawa fengen, o ika taxi kena. Aiekeni chienom kena ika aramasom kena pwe repwe lo kamo anom me pisekum o ika kopwe pwal eaea ekkena angangen chon uwato pisekin kamo me anom mongo.

Koko me mwan kopwe la ren ewe dokter

Ereni ewe chon awora alilisin eom safei pwe a toruk ewe COVID-19, o ika en ka kan chechek ren ewe COVID-19. Pwalu mesom me mwan eom kopwe tolong lon ewe imw. Ekkei fofor epwe alisi ach sipwe tumunu ekkewe aramas lon ewe ofes ika ewe rumwen wetiwet pwe resapw semau.

Aiemueukela seni aramas me man lon imwom we

- Aramas:** Ika pwe mi fakkun pwenueta, kopwe chon nonom lon ew aiemulan rum nge pwal feil seni ekkoch aramas.
- Man:** Awukuku eom arap ngeni noum man me pwal ekkoch man. Ika pwe mi pwak, kopwe ngeni emon chon lon imwom na epwe tumunur. Ika pwe kopwe pusin chok tumunu noum kena man, pwalu mesom me pwal talu paum me mwan me pwal murin eom atepa noum kena man. Nengeni [COVID-19 and Animals](#) ren chomongan porausen.

Epwe ia taman ai upwe aiemuelaei seni aramas?

1. Ika pwe wa pungula ika lukuluk pwe ka angai COVID-19 me pwal **wor lapelapen**, kopwe kan awukala eom aiemuela lon imwom lupwen:
 - o Ika pwe kose no pwichikar esap kis seni auukukun 24 awa nge esapw seni eom un safean akisala pwichikar, **ME PWAL**
 - o Eom lapelapen semau ra eochula, **ME PWAL**
 - o Esapw kis seni 10 ran ra feila seni ewe atun eom kewe lapelapen semau re pwala.
2. Ika pwe eom we tes a pung ren COVID-19, nge **ese mo wor eom lapelapen semau**, kopwele kan awukala eom aemouela me lon imwom lupwen:
 - o Esapw kis seni 10 ran ra feila seni ewe ran eom we tes a pung ren ewe COVID-19, **ME PWAL**
 - o Kosan mo semau ren ewe COVID-19

Pinei feifetalen ewe COVID-19

- **Pwaluela mesom ren mangaku** lupwen en mi nom arun aramas o ika noum man me pwal mwan eom kopwe tolong lon an eom we chon awora alilisin safeom we ofes. Ika pwe kose tongeni pwalu mesom, aramasen lon imwom resapw nom lon ewe rum remw, o ika repwe pwalu meser ika pwe ra tolong lone om na rum.
- **Iteitan chok talu paum.** Talu paum ren sop me chan fan 20 seken. Ika pwe ese wor sop me chan, iwe kopwe eaea ekkena tetelin pau mi for fiti sekau epwe awukukun 60% sekau lon. Kosapw atepa meson ika pwe ese tetel paum.
- **Pwalu eom naw me mwasew.** Pauutala ewe napkin iwe ka talu paum.
- **Limeti ekkena leni mi lap an aramas atepa (“high-touch”) iteitan ran,** mi pachelong won kaunter, won chapel, loken asam, mettochun lon imwen tutu, lenien allow, fon, keyboards, tablets, me pwal chepelin arum bed. Eaea ekkena pisekin lemelimen lon imw sprei o ika talu me pwal fiti ekkewe awewan eaan mi mak won.
- **Kosapw eaea fengen eom mettoch me emon** ika man, mi pachelong sapiom, kilasen un, kap, pisekin mongo, taol, o ika pwalipwelin bed ngeni aramas o ika noum man lon imwom ina.

Chechekeni chok lapelapwom ina

Kut mutir alilisin safeom ika pwe lapelapwom kena a ngawela (ika pwe ka weires le ngasengas, me pwal ekkoch.). Ika pwe mi wore om apwalepwalen semau nge kopwe kori 911, iwe kopwe ereni ewe chon palueni ewe koko pwe emi wor eom lapelapen ewe COVID-19. Ika epwe fich, kopwe pwalu mesom me mwan an ekkewe chon angangen safean apwalepwal ra toto reom.

Meta sokolan lefilan aiemuela me titikola?

- **Aiemuela** ina met ka fori ika pwe ka angai ekkewe lapelapen ewe COVID-19, o ika pwe eom we tes a pungula pwe ka angai ewe COVID-19. Wewen aiemuela pwe en ka nom lon imwom nge nom seni ekkoch (mi pachelong chon lon imwom kena) lon ewe taman fansoun ra apasa epwe eoch remw pwe kosapw afeifftalei ewe semau.
- **Titikoa** ina met ko fori ika pwe ka arap ngeni emon mi tori ewe COVID-19. Wewen titikola pwe kopwe nonom lon imwom nge nom seni ekkoch aramas lon ewe taman fansoun ra apasa epwe eoch pwe ika pwe ka manungaw nge pwal kosapw asemauu aramas. Titikola a siwil ngeni aiemuela ika pwe tesum murin a pungula ren ewe COVID-19 o ika ka mefi lapelapen ewe COVID-19.

Ren eom kopwe tungor ekkei taropwe lon ew sakkun fofor, kopwe kori 1-800-525-0127. Mi pung salingom o ika ewe aramas ese kan rongorongo eoch, kose mochen kori 711 ([Washington Relay](#)) o ika email civil.rights@doh.wa.gov.

Chomong poraus mi wor ngeni chon [nom lon imwom kena, puluwom, me pwal chon tumun](#).

Chomongon porausen ewe COVID-19 me pwal lenien alilis

Angai iteitan ran [metiei mi fis usun ren ewe COVID-19 lon Washington, Governor Inslee we apion poraus mi auchea, lapelapen semau, ja usun an feifetal](#), me pwal [ifa me pwal inget aramas repwele lo tes](#). Nengeni ach we [Frequently Asked Questions](#) ren chomongon poraus.

Osupwang ren ei COVID-19 ese poputa seni met sakkun anuan kilum, sakkun aramas en mi seni, o ika sakkun fonu ke etto me ie. [Sakkun aititingaw esapw alisi ach fiu ngeni ei semau](#). Eaea fengen poraus mi pung me ekkoch aramas ren ach sipwe pinei ekkena kapasengaw me poraus ese pung ar repwe feifetal.

Kapas aiek usun ewe COVID-19? Kokori noch ei fon ren poraus mi lomot won **1-800-525-0127 iwe wa tikatiw #**. Ren alilisin chon awewe, kopwe era ewe kapasen fanuwom lupwen ewe fon a palu. **Awa ewe fonen poraus mi lomot:** 6 lesosor. tori 10 lepong. Sarinfal-Alimu me pwal 8 lesosor. tori 6 lekuniol. lon lesapwolan ewe wik. Ren kapas aiek usun eom semau, COVID-19 tes, o ika pungun eom tes, kopwe kokori noum we chon awora alilisin safeom.

Ren eom kopwe tungor ekkei taropwe lon ew sakkun fofor, kopwe kori 1-800-525-0127. Mi pung salingom o ika ewe aramas ese kan rongorongo eoch, kose mochen kori 711 ([Washington Relay](#)) o ika email civil.rights@doh.wa.gov.